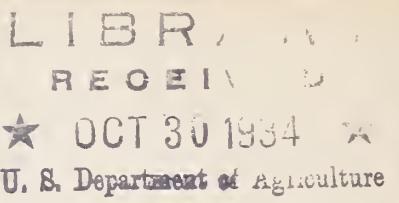


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D. C.

Reserve

FOODS RICH IN IRON

Animal Foods

Eggs, especially the yolks.

Meats, particularly liver, kidney, brain, and heart; also
lean muscle of beef, veal, pork, and lamb, and dark
meat of poultry.

Oysters and shrimps.

Vegetable Foods

Green leaves, particularly turnip and beet tops, chard,
dandelion and mustard greens, watercress, and spinach,
also kale, New Zealand spinach and broccoli leaves.

Dried fruits, particularly apricots, peaches, currants, and
dates, also figs, prunes and raisins.

Whole grain flours or cereals, particularly wheat, barley, rye,
and oats.

Molasses, sorghum and cane sirups.

Legumes, either fresh or dried seeds, particularly limas, lentils,
common or kidney beans, cowpeas and common peas.

Nuts, unblanched, particularly almonds and hazelnuts, also walnuts,
pecans and hickory nuts.

